

**Abstract**

A recording/reproducing apparatus is provided which can write continuously a file of large-capacity at high-speed.  
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A record area of HDD is provided with a disk cache area for temporarily storing data to be written. The disk cache area is defined as a area that is not used by a host apparatus (3) in an LBA space, and the disk cache area is disposed  
10 in an area with a high transfer rate such as an outer circumferential area of a disk (10). A file transferred from the host apparatus (3) is written in the disk cache area, and the file is transferred from the disk cache area to a usual user area during an idle period to release the disk cache area  
15 and prepare for next transfer data write.